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HEALTH

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EDITORIAL

Prohibition at Work in the Madras Presidency

It is now three years since we dwelt on the subject of Prohibition in our "Health" and if we had not reverted to it earlier, it was not because our interest in Prohibition had waned with the withdrawal of the Congress Ministry, but because we wanted sufficient time to elapse before we could assess the result of Prohibition. Prohibition is in full swing now in four Districts of this Presidency, Salem, Cuddapah, Chittoor and North Arcot, having been introduced from the middle of 1937, 1938, 1938 and 1939, respectively. In the normal course of events, it was expected that Government would extend Prohibition to some more districts as well, during the current year, but for reasons beyond their control, they were unable to do so. We must, however, feel thankful to the present 'Governor's Government' for that 'small mercy' in continuing prohibition in the already prohibited districts and not scrapping it altogether and thus restoring the '*status quo*'.

Now, the question arises, has Prohibition succeeded in these districts or has it been an abject failure? We have perused the Report of the Administration of the Excise Revenue in the Province of Madras for the year 1939-40 and the Government in their Order No. 2531 Rev. dated 25th Octr. 1940, reviewing the report of the Excise Department, observe: "Prohibition has on the whole been working satisfactorily in the four districts to which it has been extended". Such an opinion, especially coming after the sponsors of the Prohibition move had vacated office, is indeed valuable and on that high authority, Prohibition must be deemed a success in those districts. There are three standpoints by which the success of Prohibition can be judged: (1) the physical, (2) the moral and (3) the material.

With regard to (1), there is no denying the fact that the health and physique of the addicts have considerably improved. Recreation and counter-recreations have been provided for them and the following extract from the report of the Excise Department, gives us a fair idea as to how those addicts are being engaged and how those engagements are conducive to their mental and physical health and all-round happiness, at home and outside.

"*Recreations and Counter-attractions.*—The organization of the usual amusements in the villages, *viz.* "Bajanas", "kalakshepams", gramophone music, folk dances, magic lantern lectures and rural sports and games continued to progress satisfactorily in all the four districts and great interest was taken in the rural games. Village Sangams were also formed for the purpose. The Sangams did some useful work by providing amusements, settling factions and disputes, constructing and repairing roads and drinking water sources, filling up of insanitary pits, planting of trees in battai and road porambokes etc.

"Village officers were given training and are taking keen interest in rural uplift work. A rural uplift school was conducted at Chayyar with great success from 3rd January 1940 to 2nd February 1940. An exhibition was also arranged in connection with the school from 28th January 1940 to 2nd February 1940 and a tournament took place on the last two days of the school which evoked great enthusiasm among the villagers. Similar schools were also conducted in the month of March at Tiruvannamalai and Jalarpet in the North Arcot district.

" In the Salem district, a park with a radio set has been opened in Poolampatti village in the Tiruchengode taluk, through the efforts of the Village Sangam. A Ladies' Rural Uplift Sangam has been formed in Puduchatram firka in the Namakkal taluk. This is a new experiment and it is hoped that educated and public spirited ladies will take up the work of improving the condition of women in the villages through these Sangams.

"In the Chittoor district, the village guides continued to do propaganda work. They organized meetings in villages and delivered lectures on thrift, public health, sanitation, improved methods of agriculture and allied subjects of rural importance".

" Village Sangams in the Cuddapah district did useful rural uplift work. Reading rooms have been opened at Nandimandalam and Kokatam."

Secondly, comes the moral issue. The Collectors of Prohibited districts have now and again expressed their views that crimes such as street brawls and assaults have considerably decreased since Prohibition and that 'a happy home with laughing children and loving wife, well-clothed and well-fed' has come to replace, 'a home with constant bickerings and quarrels, with a weeping wife and crying children, naked and half-starved'. The Collector of Salem observed as early as 1938:

"Men and women of the labouring classes and of the lowest strata of society are putting on a cheerful countenance, look hale and healthy, and are enjoying the pleasures of home life without brawls and beatings".

Thirdly and lastly comes the material aspect of Prohibition : To quote again the Excise Report:

"*Employment for Ex-tappers* :—There is no indication of the existence of any acute problem of

unemployment among the ex-tappers in the prohibition districts. In Salem district, most of the tappers were employed in the tapping of sweet toddy. Considerable progress was made in connection with the Land Colonization Scheme for tappers in the Salem district. Orders were issued permitting the assignment of lands to the Kanavoipudur - Kothunayakampatti Land Colonization Co-operative Society. The extent assigned was 436.36 acres. The members cleared a portion of the area and brought it under cultivation and had, as a result of favourable rains, been able to get a fair return from the land. As, however, a sufficient acreage could not be brought under cultivation, there was no surplus for the repayment of the amount borrowed from the District Urban Bank. Most of the members of that Society engaged themselves in sweet toddy tapping as a subsidiary occupation. The ex-tappers' Colonization Societies are, however, still in their infancy. A Society at Mettupatti was visited by the Commissioner in June last. The land was found to be stony or crub jungle but was expected to be turned into cultivable land. A recent report from the Collector shows that the members of this Society have cleared a large portion of the land fit for cultivation and that the District Urban Bank has sanctioned the loan applied for by the Society.

"Some of the ex-tappers in Chittoor district also took to cultivation and some progress was made in the assignment of land to the ex-tappers.

At the parting ot the ways—Drink, Debt and Destruction or Home, Health and Happiness—Which ?

"A block of waste land measuring 269 acres in a village in North Arcot district has been selected for starting Land Colonization Societies.

"Concessions were sanctioned for the tapping of sweet toddy by tapper-members of Co-operative Societies for the manufacture of jaggery in Chittoor, Cuddapah and North Arcot districts. The number of such Societies which functioned during the year was one in Cuddapah, fifteen in North Arcot and one in Chittoor. The number of trees licensed to these Societies was 250

date trees in Cuddapah, 10,136 palmyras in North Arcot district and 92 palmyras in Chittoor. The jaggery manufactured found a ready market. In fact, the Society at Kesapuram in Cuddapah district was unable to cope with the demand. Steps are being taken to form another Society at Kallicherla in Madanapalle taluq for the manufacture of date-palm jaggery."

"A system of identity cards to employers to give preference to ex-tappers has been introduced in North Arcot district with some degree of success."

The above gives the lie direct to the complaints made by legislators and others on behalf of the ex-tappers, to the effect that they were left helpless and destitute and that their condition was pitiable. "Where there is a will, there is a way".

"*Thrift*:—The hundi box saving system continued to operate in the districts of Salem, Chittoor and Cuddapah and was introduced in North Arcot. The collections have been generally satisfactory and the system is becoming popular. The Home Safe Deposit system which had already been working in Salem and Chittoor districts had also been introduced in North Arcot district."

"*Co-operative Societies*:—Co-operative Societies for the manufacture of jaggery from sweet toddy were formed in all the prohibition districts. Sale Societies and Milk-Supply Unions have also been formed in Salem, Chittoor and North Arcot and are doing useful work. The Societies are fast developing and becoming increasingly popular. Societies have also been formed for bell-metal work, quilt manufacturing, basket-making fruit-growing, bee-keeping, hand-spinning, toy-making, poultry-farming, hand-loom weaving and betel-leaf growing. The Egg-Marketing Society at Katpadi in North Arcot district did useful work."

In spite of these improvements, the report draws a pessimistic note when it says:

"While, however, the poorer families have more money to spend on food and clothing, it is doubtful whether all the money which was formerly spent on drink now goes into purchases of real utility. There is reason to believe that too much of it is spent on amusements, notably touring cinemas. Meanwhile, the thrift movement makes slow progress. One of the major difficulties of ameliorative work is, however, to provide adequately for ex-drinkers of the lower castes. Caste scruples are frequently obstacles to their joining in organised games."

"There has generally been adequate cooperation from officers of other departments in the working of the Act in all the Prohibition areas; but it is not possible to say the same with regard to the vast bulk of the general public. Interest has waned: and it is not difficult to understand why it has done so.

"The average man probably now accepts prohibition as being part of the general scheme of things and does not see why he should continue to take special trouble and to spend over it time that he can well occupy with his own affairs".

This is but natural, especially when big schemes are launched and it is for the Government to goad the public to activity and not lull them to sleep. Evidently, enough propaganda is lacking and we trust the public would co-operate with the Government and make the Prohibition scheme an unqualified success, as it is sure to confer untold blessings on the people of this vast sub-continent.

Life, Health and Disease

By
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WHAT is life? In general terms, life may be said to be a subtle emanation of Deity—a principle that pervades all the work of creation, whether organic or inorganic. It is a sort of Entity, whose nature is as mysterious and unfathomable as that of Divinity itself. Many scientific men have contended that life is electricity, and arguments and experiments have been adduced to show that such is the fact. For instance, a scientific body of France pulverized stone, and by the use of electricity, produced from the atoms, living insects. But this and similar experiments are accepted as evidence that electricity is not life, but is a leading phenomenon of its actuality. Life is something neither physical nor spiritual. It is allied to both but is neither. It is not soul, for soul is something infinitely higher than life, a something of which life itself is but an inadequate, visible manifestation.

Health is perhaps a subtle thing, yet most importantly palpable to our senses and perceptions. It is that state of human body in which the structure of all parts is sound, and their functions are regularly and actively performed, rendering the individual fit for all the duties and enjoyments of life or, in other words, it is that condition of the animal economy when the functions of all the organs, beginning with the heart and lungs, act, in natural and harmonious relation, the one with the other, and the whole together, rendering existence not only a state of completeness, but a pleasure, a beauty, and a charm and, therefore, the chiefest cause and leading feature of all from which the human being derives that phase of joy called bliss. In the various temperaments, the phenomena of health are somewhat different ; ence what would at once preserve it in one, might not preserve it in or restore it to another, until some reasonable period of time had elapsed. Health varies much in people of the many occupations which, necessity and circumstances compel them to adopt for a livelihood or for pleasure, and the acuteness of the senses which would be necessary in some recreative or productive occupations, would be morbid in persons otherwise engaged. But the general symptoms of health are, in all temperaments, a sparkling eye, a clean skin, a white and rose-blended complexion (unless where the temperament naturally prescribes a rich and glowing olive), ruby lips, pearly teeth, untainted breath, glossy hair, expanded chest, elastic spine, muscular limbs, symmetrical waist, well-built and firm pelvis, fleshy thighs and calves, and a buoyant grace of the whole body. Added to these, we have a rich and melodious voice (wherever the slightest hoarseness or discordance of tone is noticed look for danger), and a calm and cultivated spirit in the old, a joyous spirit in the young. What munificent gifts are these, and who should fail, by every means in his power, to secure them? Therefore, the poet has sung :

"The greatest blessings on earth,
I sigh not for power,
nor grieve for wealth,
But grant me, kind Providence,
virtue and health,
Then richer than kings,
far happier than they
My days shall pass sweetly and
swiftly away".

Disease is the opposite of health, and means any departure from the normal condition of the general organism or any impairment or derangement of any function by which the regular action of any other one or of the whole is made or forced to work in an irregular or unnatural manner, producing and entailing disorder, pain, misery and death! We see disease in the lustreless and phrenzied eye, in the pallid and sunken cheeks, in the parched lips, in the jaundiced or yellow skin, in the contracted chest, in the difficult respiration, in the racking cough, in the expectoration of tubercles and sputa from the lungs, in the palpitating heart, in the scrofulous sores and ulcers, in the bloated or attenuated abdomen, in the disabled legs and arms, in decayed teeth and toothless jaws, in fœtid breath, in crooked spine, in the deformed pelvis, in all derangements of the sexual organs, in baldness, in disordered stomach and bowels, in neuralgias, rheumatisms, leprosies, spasms, epilepsies, palsies, loss of the senses of sight, hearing, smelling, taste and touch, hypochondrias, manias, drunkenness, pains, aches, wounds, bruises, maimings, and in innumerable other agonies! With the simple methods by which health can be preserved by those who were born to health, how astonishing it is that disease and misery are the general rule and health and pleasure the exception! Who, of all human race, may now say, "I have health! I am actually living in a state of nature, or in that perfact

A diseased beggar. A common enough sight in India.

mental and physical condition in which I was or ought to have been born". "Not one", is my reply. We may, therefore, regard life as a negative rather than a positive quality of existence. Occasionally, here may be freedom from the slightest degree of actual suffering, and yet that pleasurable condition which would be natural to the regular co-operative work of all the organs of the body, will be wanting.

In health,our moments fly on lightning wing, and we are scarcely conscious of their rapid exit ; in sickness, on the contrary, our moments are clogged with leaden heels,and pass in a lingering manner so as to render our sufferings seemingly the more acute by reason of the slow or tardy march of time. To the sick, time does not pass lightly, but with the heavy trend of a giant.

How inestimable is that state of being comprehended under the name of 'health'! Yet, how few are ever led to consider its priceless value and importance. Health, perfect health, is not to be found among the races of men ; yet, even in its negative aspect, its most deteriorated quality, what were all the joys, all the riches, all the advantages of this world without its possession ? Unless all, from the highest down to the lowest, from the king to the beggar, learn to prize health and avoid disease. Death who is no respector of persons, will continue to reap his rich harvests among them all. Caesar could not escape nor could the renown of a thousand victories diffuse an anodynic or soporific influence over the pillow of the Great Napoleon, nor save the laurels of Murengo from the blighting mists of St. Helena ! Intellectual cultivation often-times sows the seed of physical deterioration. When we see that the prince is equally liable to the same physical and mental miseries as the vagrant, it becomes everybody to bear in remembrance the axiom that a sound body is the natural basis of a sound mind, and *vice versa*, and that every rational method should be adopted to preserve them.

We need not despair. The severest diseases are and may be prevented. There are means of restoring lost health, or of rendering sickness compatible with contentment, or even happiness itself. All right-thinking persons will admit that sickness may be obviated, disease mitigated, and even death robbed of his prey for years, by approved remedies rightly employed.

In fine, health is the natural outcome of a strict observance of the ordinances of Nature. Nature is so unrelenting that she will punish every little peccadillo with compound interest and Shylock-like, inflict penalties of the most cruel type. There is no other short-cut to health than obeying implicitly the mandates of vital economy. We are sure to come to grief by transgression of the Laws of Health. Since no fortification is impregnable enough to shield the fugitive offenders against Health Canons from the ravages of suffering, following the rules of Hygiene is the *Via Una.*

Poor Health

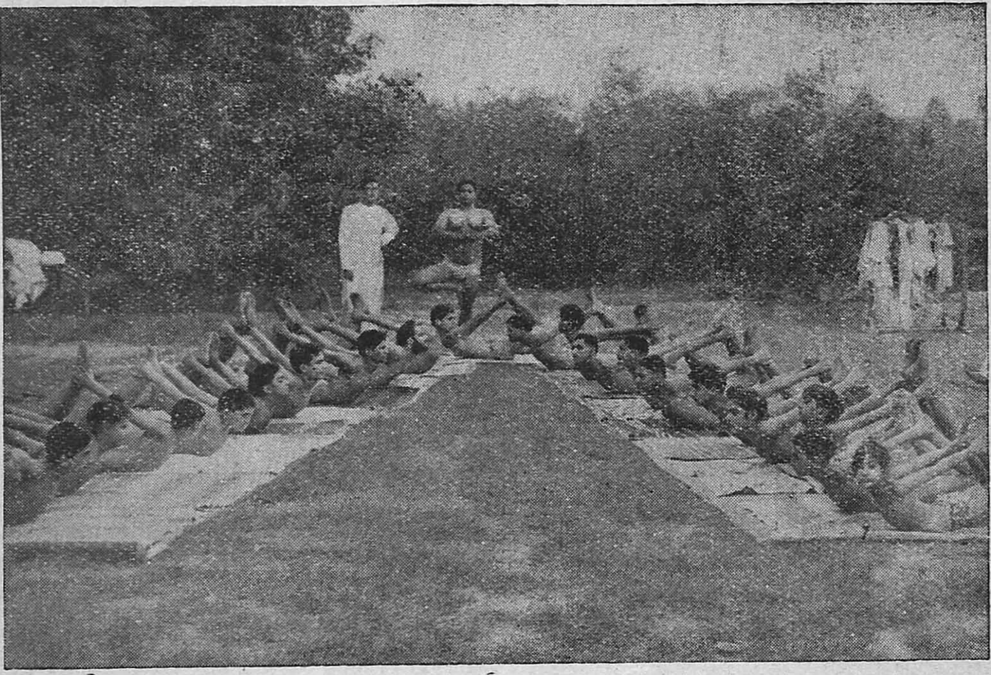
"Poor Health interferes with one's power and accuracy of observation, therefore, with the truth and accuracy of his conclusions or reports. 'Whether life is worth the living depends entirely upon the liver' ! This statement is more than a pun."—CALVIN T. RYAN in '*Hygiea*'.

REMEDIAL EXERCISE FOR HABITUAL CONSTIPATION

By Dr. Bon Behary Das, L.M.F., (Registered)

Medical Officer-in-charge, Talpur Charitable Dispensary, P. O. Keshab-Chak, Dist. Hooghly. Via, Tarakeswar, E. I. Ry.

Constipation means a disturbance of intestinal function in the form of retarded elimination of waste materials from the intestine. It exists if there is not a normal evacuation of the bowels at least once daily. Such a condition, if neglected is detrimental to health. It may as a rule be successfully treated by systematically carrying out the following simple remedial exercises. These exercises tone up the abdominal muscles and intestine and are intended for persons whose muscles are flabby and suffer from thick pad of fat in the abdomen and also are useful for the females whose abdomen becomes lax owing to repeated pregnancy. These exercises, if properly done, stimulate the abdominal muscles and the organs. Fifteen minutes' exercise daily is sufficient. But the beginners are advised not to attempt all the exercises a full number of times, but to work up gradually to a full performance. Throughout the exercise, the



Yoga Exercises for Health, Happiness and Peace.

A group of the Students of the Yoga Ashrama Lyalpur, taking the "**Dhanur Asana**" or the Bow Pose. Mr. Seh Dev Malhotra, Dy. Director, is seen in '**Briksh Asana**' or the Tree Pose. The Dhanur Asana helps the spine and back muscles to contract well and exercise as the abdominal walls are stretched to their fullest, which action serves as a massage upon our digestive organs. The pose ensures us proper digestion, assimilation and elimination. It is a prevention for dyspepsia and checks diabetes.

breathing should be as full and deep as possible, because of the massage effects of deep breathing upon the liver and other organs.

Exercises.—1. Lie on the back with the knee drawn up, contract the abdominal muscles by pulling the knees up and in as far as possible. At the same time, inhale deeply. Relax the abdominal muscles by extending the leg and breathe out. Repeat this exercise four times.

2. Lie flat on the ground, raise the pelvis until shoulders, hips and knees are in a line. While doing so, inhale deeply. Relax the pelvis that is, lower the pelvis and breathe out. Repeat the exercise four times.

3. Lie flat on the ground, raise the pelvis as before and swing it from side to side in short and quick movements.

4. Lie on the back, with hands on the thighs. First, draw up one knee as far as possible. Give an extra pull on it with the corresponding hand on it, to press the thigh on abdomen. Then, after extending this leg, do similar thing with the other knee. Repeat the exercise four times.

5. Lie flat on the ground, raise the body to a sitting posture and touch the toes with the fingers of the corresponding hands. Then lie flat on the ground, again sit up and do similar things twice.

6. Lie flat on the ground, raise the right leg as high as possible and lower. Then raise the left leg as high as possible and lower. Then raise both the legs in the similar way. Repeat all these processes twice.

7. Lie flat on the ground, raise the head and draw up the right hip, making the right leg shorter than the other. Repeat with the left hip and leg. Repeat this exercise four times.

8. Repeat the exercise No. 1.

9. Stand erect with hands on hips and raise each knee alternately, pausing and holding the position for five seconds each time. Repeat this exercise twice.

10. Stand erect with the hands on hips and the feet apart, keeping the back straight. Lean forwards from the hips and circle the trunk four times to the left alternately. Inhale when the trunk moves backwards and exhale when the trunk comes forwards.

11. Stand with the feet apart and arms stretched out, sideways. Count four. One :—turn the body from the hips smartly to the right; Two : bend and touch the right foot with the left hand; Three : rise, keeping the body still turned to the right. Four : return to the front. Then again, count four and repeat the same exercises but to the left. Perform these alternately, two to four times each way.

12. Repeat exercise No. 1.

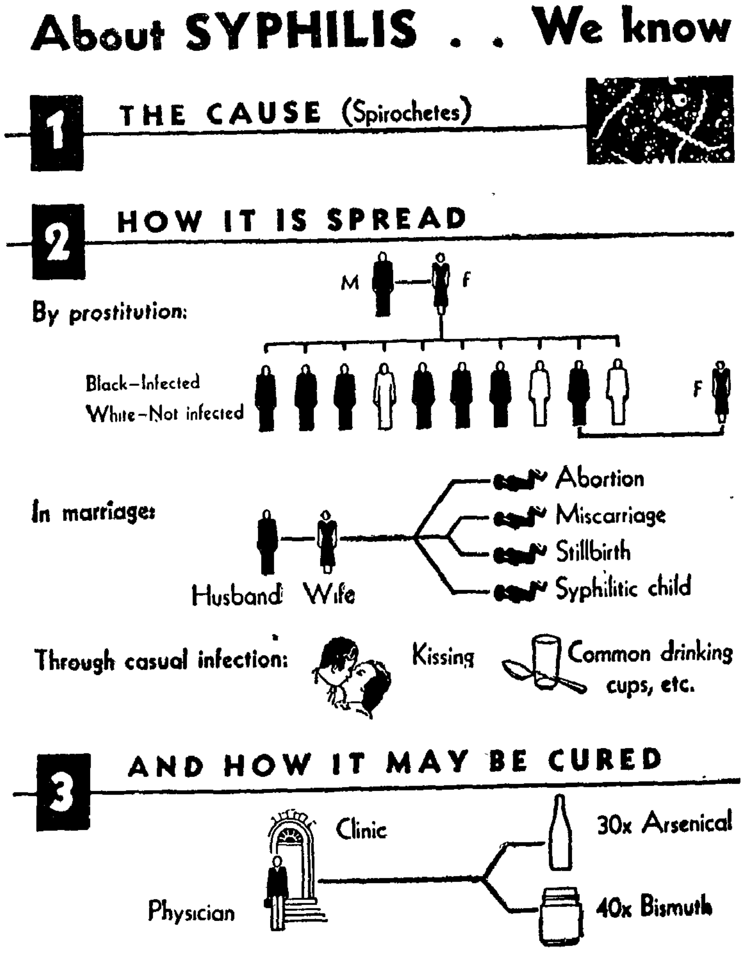
Headache

Headache is not itself a disease; it is a signal of warning. The root of the trouble may be traced to different causes. It may be the eyes need attention, and the use of properly fitted spectacles may effect a cure; it may be due to stomach or intestinal diseases, due to wrong habits of eating, or it may be a symptom of some serious diseases to follow. The cure lies in the removal of the cause. Aspirin, phenacetin and all such drugs should be strictly avoided.

The Prevention And Control of
VENEREAL DISEASES

By DR. K. L. NARAYANA RAO, M.B. B.S., *Madras.*

VENEREAL Disease is a scourge of vast proportions and considerable gravity, and knows no frontier of race, country or climate. It is responsible for great misery and suffering. Many unhappy marriages, with sterility, frequent abortions or still-births, are as much attributable to it, as are, in many cases, the high infantile mortality, and the birth of blind children and deaf-mutes, or congenital imbeciles and idiots. It kills and it maims, and its victims are numbered in tens of thousands. The disease continues unabated by the progress of Science and Medicine. The civilized world, as a whole, is only partially aware of the threat to its corporate health, and a world-wide war on syphilis and gonorrhœa has not yet been declared. Energetic measures have been taken in foreign countries to mitigate its ravages and control the spread of the disease. We shall discuss here below, the measures taken by the progressive countries to combat the spread of this disease.



—By courtesy : The United States Public Health Service.

Education and Propaganda.—This is the main front of action followed by Great Britain in the prevention and control of the disease. Persuasion, publicity, and free medical services for the diagnosis and treatment of venereal diseases are some of the measures taken. By propaganda, the public must be told in plain language what venereal diseases are, how they are acquired and how they can be prevented. It must also be impressed that the treatment at the earliest possible moment will give certainty of cure and will also help in the prevention of the disease.

Compulsory Measures, in some way or other, are undertaken in many of the other Western countries.

1. *Notification* :—The doctor must notify to the public health authorities as soon as a case comes under his care. This is done to trace the sources of contagion and also to see that the infected undergo complete treatment. In America, the medical attendant notifies the case to the Health Authorities, without giving the name of the patient. If he fails to take complete treatment in spite of warning, the doctor reveals the name, so that he may be dealt with officially.

2. *Compulsory Treatment* is the most important method of control. If the infected person fails to take complete cure as certified by the medical attendant, severe penalties are imposed. By this, the spread of the disease from the infected to the healthy individual is prevented.

3. *Pre-Nuptial Certificate* : — In many countries, the infected cannot marry until he produces a certificate of recovery. In Germany, one who married while he is contagious is liable to imprisonment.

4. *Regulation of Prostitution* is a very debatable point. Is it possible for the total abolition of prostitution? Brothels may be closed, and prostitution may be penalised, but there are many others, who are not regular prostitutes, yet are a serious source of infection. In some countries, prostitutes must register themselves and periodic examination is done, and infected persons are thoroughly treated. Closing down of brothels, and free and confidential facilities for the treatment of venereal diseases will go a long way in checking the spread of the disease.

5. *Venereal Clinics* must be opened not only in cities and towns, but in rural parts as well, where the menace of this disease is in no way less than in urban areas. In these clinics, diagnosis and treatment of venereal diseases are done, free of cost, for all poor patients. Every rural medical practitioner must be given facilities for the free treatment of the poor. A country wide campaign in propaganda and treatment will help in mitigating the ravages of this scourge of mankind.

Advice Regarding Syphilis and Gonorrhœa

If you have been unfortunate enough to get one of these diseases, go at onee to a reputable doctor, or to one of the Health Department clinics. By receiving proper treatment early you can, if you will do as the doctor tells you, be practically sure of being cured.

If you have had either disease for some time, it is important for your own sake to get under proper treatment right away, so that even if you are not cured, the disease can be controlled so as not to do any further damage to you.

Remember *Early, Skilled Treatment* continued as long as necessary, gives you the 100 per cent chance for a cure-

This kind of treatment can be secured fram one of the Health Department clinics in the large centres, where such treatment is *secret and free.*

Gonorrhœa takes weeks or months to cure.

Syphilis takes years to cure.

Never marry until your doctor gives permission.

—*National Health Publication No. 24, Canada.*

PESTS AND PARASITES

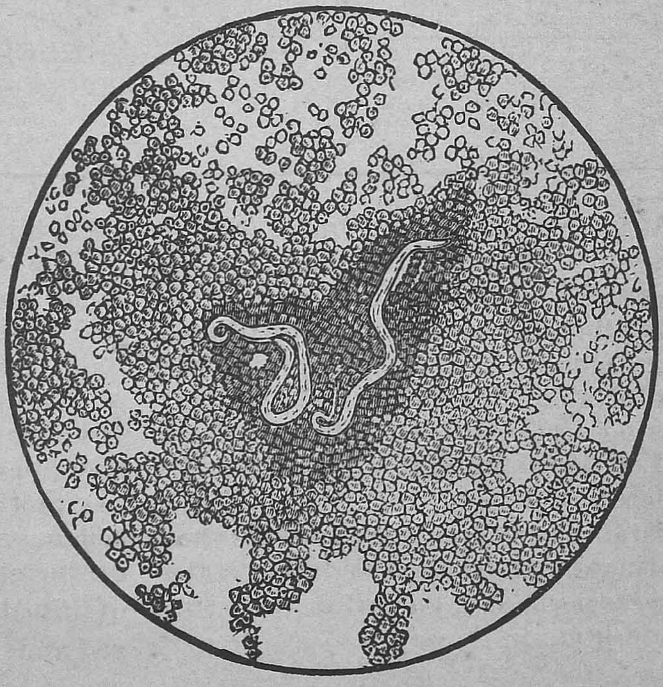
By

DR. L. SESHADRI NATHAN, M.B. B.S.,
BOMBAY.

"D—N that fly!" 'Oh, these cockroaches!" "Curse that rat!" How often have we not exclaimed like this? The ways of God are wonderful. Try as we might, we cannot get away from these creatures; it was so in the earlier stages of our evolution, and it is the same today, too. Pests and parasites are with us ever since Creation began.

Long, long ago, in the beginning of things, when life was young on earth, some small animal or insect perhaps happened to attach itself to a running or flying form and found that it could get about without any effort on its own part. This was so successful that it repeated the experience on every occasion possible, until it finally became a habit, as it has become a habit with human beings today to use a bicycle, a motor bus or a tram-car for personal transportation. Often, in other forms of life, the big fellow resented the intrusion and promptly shook off or destroyed the intruder. But more likely, the passenger enjoying the free lift remained unnoticed and finally became a regular inhabitant of the larger animal. In this process, the visitor perhaps got not only a joy-ride, but also a free lunch! The guest had perhaps to be careful about extracting his food which may have been things unwanted by his host, such as the latter's excretions, hair, scales, and so on; or, at other times, the blood of the host itself, rich in nourishment. Slowly, by a process of adaptation and adjustment, a number of such life-forms became dependent on other forms—these dependent forms being called "parasites". Parasitism is as old as life itself.

Parasites may be animal or vegetable. Biologically, a parasite is an animal or a plant that lives *in*, *on* or *with* some other living thing and obtains from it food, shelter or other advantage. In most instances, parasites are intruders one can very well do without, though, in the scheme of Nature, some parasites seem to serve some useful purpose and render some



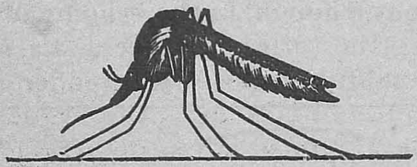
FILARIAL WORMS (Parasites).

service in return for other "services received". In human life, they, however, play a malignant part in the spreading of diseases.

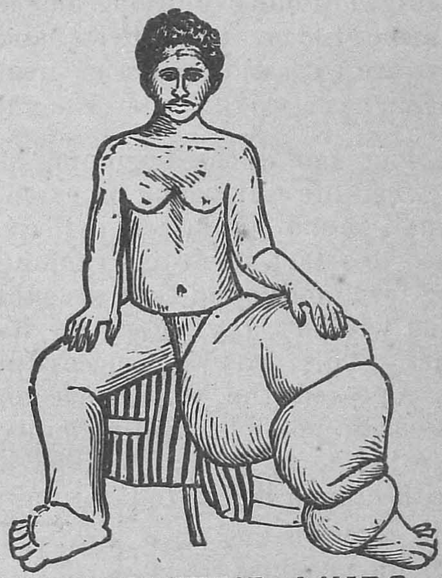
How many of us haven't sat up reading late into the night gripped by a thriller, trying, with the detective, to unravel the murder mystery? Similarly, have scientists sat up, not for one night or two, but sometimes for years together and under most difficult conditions, trying to solve the life riddle of some microscopic parasite so that one more enemy of mankind may be brought to book. To such industrious men of research, the life story of a parasite has the same fascination that a Crime Club thriller has for readers of detective fiction; and, the solution is often more amazing than that in the crime story.

it may be concluded that they have lived together for untold centuries and have become "adjusted" to each other. Parasites must damage their hosts as little as possible or they will be destroyed by the hosts; or they may have overdrawn on the host and destroyed him—like the man who killed the goose that laid the golden eggs.

Some parasites are merely a nuisance by their physical presence, but



Culex-Mosquito
carrying filarial worms



ELEPHANTOID LIMBS

The bite of the Culex-Mosquito
results in Elephantiasis in human beings

A knowledge of the life cycle of many of these parasites will help us to devise means of protecting ourselves from them, thus enabling us to prolong human life and making it more comfortable. Parasitism has a direct bearing on the life of human beings and of those animals and plants on which man depends for his food and assistance in many ways. He has continually to be alert and outwit the various pests and parasites that surround him.

If the "host" has little or no inconvenience from the parasite or "guest",

there are others which poison their host by their excretions, and so on. Some are merely a source of irritation and annoyance; some, on the other hand, may be exceedingly destructive of human, animal and plant life. Practically, every living thing has some parasitic enemy or other. This destructive parasitism, in Nature's scheme of things, helps keep a check on the enormous number and variety of insects that are constantly produced and without which human life would become impossible. Entomologists have learned to take advantage

of this form of parasitism and use it extensively in the control of insect pests. We know, for instance, how a particular kind of fish is introduced into wells and rivers to eradicate mosquito larvae. This may be termed "active parasitism".

"Passive parasitism". on the other hand, is a degenerate kind of existence,and these forms of life depend on others for their livelihood and degenerate physically. The Joint Family System in Hindu Society, (which is gradually becoming a thing of the past) has produced a few such passive parasites who tend physically and mentally to degenerate and be demoralized. This is, however, a digression. Speaking generally of passive parasites, we find that some of them have lost their legs—they have legs useful merely for clinging on to the host, but not for walking or running. Some parasitic forms have no eyes at all—there is no use for them now—the host does all the "seeing" there is to be done. The digestive tracts of others have atrophied completely—ready, digested food is available now for the "guest". The changes in their bodily appurtenances could be multiplied *ad lib.*, and a study of such forms of life is interesting and intriguing. Consider, for example, a form of life that has developed a protective coat which is not affected by the acid secretion of the host's stomach when the parasite is swallowed. Later, when it reaches the small intestine of the host, the coat is dissolved by the alkaline secretion so that it may begin its parasitic existence there.

Life must continue! That is the inexorable law of Nature. Every other organ may be modified, every other function suspended, but not reproduction. Amidst many changes, reproduction seems never to be affected. The provision of two separate sexes may even be done away with in this business of having to live on and in somebody else! A double-sexed organism, technically called hermaphrodite, may be evolved so that self-fertilization may keep the race going. This might sound fantastic, but nevertheless, it is true! And, scientifically and academically of absorbing interest.

There are some forms of life where reproduction takes place without fertilization at all—by parthenogenesis, as it is called. Even here, the life cycle is most interesting. The unfertilized eggs, in some cases, produce only females; in other instances, only males. At times, this method of reproduction is in cycles—one generation of males followed by another of females, and both sexes in the third. Again, how interesting!

There are various other permuations and combinations, and Nature in her effort to keep Life going on, gives perhaps more alternatives than is possible in a Cross-word puzzle!

Parasites, generally, prey for their own benefit. That is, they get something for nothing. We must consider means of defence against them, since many are nuisances, others annoying; some produce more or less marked symptoms, and some may produce death to the human family. Among such parasites, we find the so-called *Ectoparasites*, those which live on the surface of the body, and the *Endoparasites*, those which live within the body cavities or in the tissues. Some live on, that is, upon the body, because it is convenient and handy to do so, but are capable of living an independent existence elsewhere. These are known as *occasional facultative parasites*. Others cannot exist apart from the host, and these are *obligate* or *permanent parasites*. Some use us merely as a convenient stopping place *on their way* to a permanent home, and perhaps undergo a portion of their life cycle in such intermediary surroundings. We become, then, the *intermediary posts*. Some forms pass

through several other insects or animals before they take up a permanent residence in or on the human body, when we become the *definitive* or *final host*. Thus, we have the mosquito serving as the intermediary host for one cycle of the malaria parasite, and after passing through certain changes, the malaria parasite is transferred by the mosquito into the human blood stream, where, by its multiplication and other changes, the malaria parasite produces symptoms which we know of as Malaria.

With thousands of parasites always waiting to live with us and on us and in us, it must be apparent that the well known phrase "the struggle for existence" is not merely a fancy slogan but is indeed, a grim fact and the more we know about the life and habits of the parasites, the greater will be our chance for a comfortable and continued existence.

PREVENTION of INFLUENZA

By

Dr. Phanibhusan Mukerjee,

Kuseshwar, Darbhanga.

INFLUENZA has been prevalent in many of the large cities, towns and villages, throughout India since the year 1918 and as mild forms of epidemic generally break out in this season, the following precautionary measures would be beneficial to safeguard against it.

It is in the first and the earliest stages that the disease is most infectious. It is spread by discharges from the nose and mouth. Hence, every person affected spreads the disease, no matter how mild the attack. It is, therefore, very necessary that coughing, sneezing and spitting on the roads and in public places should be avoided as the germs of the disease thus spread far and wide.

It is not always possible to avoid infection but the risk can be lessened by :—

(1) Healthy living, regular habits and daily out-door exercise without fatigue.

(2) Avoidance of alcohol.

(3) Guarding against exposure to sudden chills from a warm indoor atmosphere to the outdoor cold night air.

(4) Avoidance of crowded gatherings and close, ill-ventilated buildings like cinemas and theatres, and late dinner parties.

(5) Not working nor sleeping in ill-ventilated rooms.

(6) Keeping the doors and windows of the dwelling rooms open at all times during the day and night without being afraid of catching cold.

(7) Washing the hands with soap and water before meals and after coming in contact with contaminated objects and keeping away from persons suffering from the disease.

(8) Douching the nose with a solution of a teaspoonful of common salt in a pint (20 ounces) of tepid or warm water, or sniffing a small quantity of it up the nostrils or irrigating the nose with this solution by a glass nasal douche or syringe twice or thrice daily.

(9) Gargling the mouth and throat with a small cupful of the above

solution twice or thrice a day, for about 5 to 10 minutes at a time or a teaspoonful of Listerine or Glycothymoline dissolved in the same quantity of tepid or warm water, is also beneficial.

(10) Dropping a few drops of 'mistol' into the nostrils three or four times a day will disinfect the nasal cavity and afford resistance to the germs.

(11) Keeping in the mouth and slowly sucking one or two Formamint tablets, three or four times a day, will help to disinfect and keep the mouth and throat sweet.

(12) Frequent inhalations of vapour from a 'Burroughs Wellcome's Pinol and Eucalyptus inhaler' or a Menthol inhaler for a few minutes or a few drops of Vapex or pure Eucalyptus oil sprinkled on a handkerchief as soon as a nasal catarrh sets in, greatly helps to cut it short. But, if it persists, continue its use while the attack lasts and for three or four days later.

(13) Daily use of one or two of Burroughs Wellcome's tabloids of Quinine and Cinnamon oil along with 4 or 5 grs. tabloid of Quinine Hydrochloride or 20 to 30 drops of Liquor Quinine Ammoniata in water, three or four times a day, is very useful as a preventive and should be continued as long as the epidemic continues. The use of influenza tablets three or four times a day is also beneficial.

These precautions will prove efficacious. When actually attacked, the following measures should be adopted:

(1) Go to hospital or go home and take rest in bed and consult a doctor.

(2) Occupy a separate bed-room or a bed that is screened off from the rest of the room.

(3) When coughing or sneezing, hold a handkerchief in front of the mouth; the handkerchief should be boiled or sterilised in antiseptic solution or burnt if of paper. Similar attention should be paid to linen etc. soiled by discharges by persons suffering from common cold or catarrh as generally, the infection is present in such persons.

(4) Do not return to work until convalescence: avoid chills which may induce a relapse.

(5) Avoid meetings and places of entertainment for at least one week after the temperature has come down to normal.

(6) Continue the treatment mentioned under (8), (12) and (13) above.

Disinfection.—With regard to the disinfection of infected rooms, ordinary cleansing with water, airing and sunning will effect as much good as the use of actual disinfectants. All handkerchiefs, sheets and clothing recently soiled, should be boiled or otherwise sterilised.

How Germs are Spread.

Many disease germs are taken into the body by means of food or drink.

"Influenza and pneumonia are crowd-diseases. They are conveyed largely by the spraying of the secretion in coughing, sneezing, spitting and talking."—*How to Live.*

CONTACT GLASSES

BY Dr. S. A. SUBEDAR, L.C.P.S., R.M.P., *Kutiana, W. Kathiawar.*

WITHIN the last few years a great deal of interest has been paid to the question of "Contact Glasses". These are small glasses worn underneath the lids in place of spectacles for optical purposes, or as a protective measure and for therapeutic purposes. Indeed, they have been known for a long time. But recent research in the manufacture and fitting of these glasses has transformed a somewhat crude appliance worn with difficulty, into one with wide application.

This glass was first put in practice by Thomas Young in 1801. In 1823, some improvement was made by HERSCH. In 1887, Saemich sent a patient with malignant disease of the eyelid to a glass blower who manufactured this glass for the eye. This patient wore this glass for 20 years with ease. Now, they are made by the firm of Zeiss.

It will be realised that the blowing of a fitting "Contact Glass" represents the highest expression of the art of glass blowers. The complicated shape of the glass with its accurate corneal and scleral curvatures and thickness, are very difficult to be achieved. Their production therefore is very limited. Although at first designed for protective purposes such as entropion and keratitis, they are now employed in refractory errors *i.e.*, myopia, astigmatism.

These glasses must be mathematically accurate and very finely polished to avoid irritation to the cornea. The firm of Ziess has been able to manufacture such glasses.

Fitting of "Contact Glasses" is not as easy as it is supposed. Several methods have been suggested. The rubber sucker method is the best. A rubber sucker is applied to the convex surface of the glass. The glass is then filled with saline. The patient leans forward and looks in the glass. Lids are separated. First, the lower rim is inverted and then the upper one. This movement should not be abrupt lest the saline may be spilt. If the saline is spilt the glass is to be re-adjusted.

The Use of "Contact Glasses".—1. Optical. 2. Protective.

As optical instruments, they are ideal and are free from many disadvantages of spectacles.

They Eliminate.—

1. Corneal Astigmatism.
2. Errors of Refraction.

Advantages.—They remain at body temperature and are, therefore, not affected by rain and fog, just as the spectacles do.

2. In Photophobia and Albinism, they are of great benefit.

3. They can be worn by people following the profession of the stage, film, diving, swimming, sports, and aviation in which spectacles are not allowed.

4. For cosmetic reasons.

Protective Benefits.—

1. They can be used in severe corneal ulcers.

2. In plastic operations of the cornea, they serve to keep the grafts in position.

Disadvantages.—

1. Difficulty of handling them.
2. Discomfort.
3. They cause irritation to the cornea.
4. They are very expensive. They cost £ 4 each.
5. They are easily broken.
6. The amount of damage they cause when they break.

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MADRAS

STUFFED BANANA

By

B. B. Tipnis, B.Sc. LL.B.,

Baroda.

A particularly stiff variety of ripe banana is essential for this recipe. The green skinned ordinary one is prone to give way on heating. As a preliminary, let us make the following stuff and the juice of coconut.

The Stuff.—Take one good sized wet coconut, scrape the kernel snow-fashion, and add sugar to taste. Usually 4 tablespoonful is enough. Heat the mass for a few minutes and remove when it is thoroughly mixed.

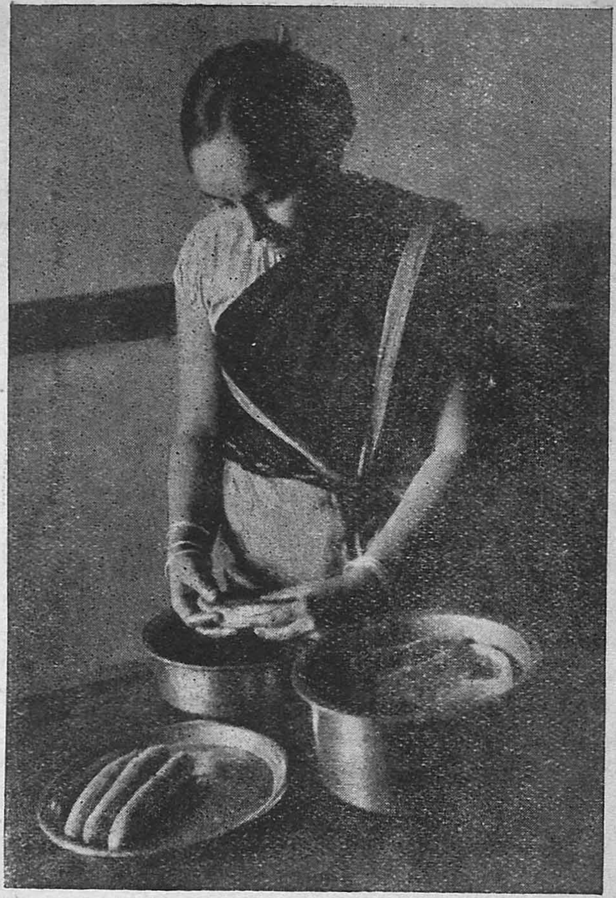

Fig. 1. STUFFED BANANA.

Coconut Juice.—Smash kernel of one half of another wet coconut. Add little water and squeeze the juice. Prepare 1 1/2 cupful milky juice in this manner.

Now peel eight bananas in a dish, incise lengthwise, and fill up each with the stuff already made. (*Fig. 1*). Spread the banana skin in a pan. Arrange the stuffed-banana log-cabin fashion in this pan. Pour a cupful of coconut-juice that is already prepared. Cook slowly till almost all the milk is absorbed. It is now necessary to interchange the position of the banana-layers. Lower layer should be taken up and *vice versa*. Add the remaining half a cup of the coconut juice and cook for sometime.

It is a dainty dish that can be served hot or cold for breakfast. The preparation can last for over a week provided it is kept as it is and heated every night with a little ordinary milk.

Note :—If so desired, GUL can be substituted for sugar.

Drinking Vegetables

Undoubtedly the best results are obtained by eating or "drinking" vegetables in their raw and fresh state, because of their alkalinizing effect upon the blood and as a means of revitalizing the body cells and tissues. When properly extracted, these raw vegetable juices provide all the necessary minerals, salts, and vitamins to maintain the body's alkaline reserve at a normal level.—*The Oriental Watchman.*

THE PROBLEM OF RECLAMATION OF ADDICTS

By P. P. SARADHI, *Sub-Judge, (Retd.), Royapettah.*

ADDICTS are victims of social abuse. They practise the vice (any particular) in secret association with those already in the groove; then they persist despite odium and criticism; their sentiments harden. The third stage is when the habit leads to economic waste and decay of the constitution. They become dangerous pests on Society, source of infection. No means are unworthy enough to pursue if only it leads to the satiety of their craving. Intoxicant drinks, opium chewing and smoking, tobacco chewing, smoking, and snuffing create any number of addicts—*corrigible* and *incorrigible.* There are grades of intensity of addiction and the problem is transferred to the medicoes for treatment at some stage or other.

The reformer has first to visualise the intensity of the addiction and the pangs suffered by the addicts when the thing craves for fails. Then he realises how important it is that preventive methods should be adopted by way of cautionary teaching relating to the physiological and pathological effects of each of the drinks or drugs on the body and mind. Education capable of inculcating balance, harmony, circumspection in the approach to and use of the commodity in his judgment and discretion would be assiduously pursued.

The craving attacks the individual so automatically that when it fails or misses at any occasion, it creates a sudden distemper unnerving the victim, outburst of passion and restlessness, cursing on himself and others etc. The poppy cultivation in China has been the source of immense revenue while it has also been the source of national emasculation. Ganja, toddy, arrack and other intoxicant drinks fall in the same category. Every civilized country has been doing something by way of regulating the traffic.

Toshero Uno of the Japanese Navy expresses in thrilling language the horror of opium addicts:

> "Opium is a horrid fascinator. Once a man has become intoxicated with its exquisite taste or has indulged in that rare pleasure that transports him as it were into Heaven or envelops him in a joy, none but an opium taker can know, its enchantment completely captivates the soul and body. However, its subsequent denial soon transforms all this into a feeling of deadly agony—a sense of despair tortures that none other can visualise."

He instances two old men reclining face to face, with flute like pieces in their mouths. "After healing a dark lump of opium they each were working it into a ball with which they charged the bowls of their pipes. Greedily and with a vigorous gesture they inhaled the purple smoke. No! Inhaling is not enough. They simply forced the smoke into themselves with all their might pursing their mouths for a while, doubling up their bodies like lobsters. I perceived a fragrant smell stimulating my scent. My head seemed to reel."

"On another occasion, I saw an old woman reduced to skin and bone and hardly looking human, breathing heavily and faintly moaning. I sent for a villager. He came and said laughing, 'why, she will get well in no time for all she needs is a little opium.' She had no access to the drug. Forcing her mouth open, the man washed down her throat, a little

opium he had brought with him. And behold ! the old woman who had been at the threshold of death, sat up in bed and in less than twenty minutes began talking to us and thanking us. Not till then did I realize the magic that was in poppy plant."

The problem of inveterate drunkards is no less taxing in India.

The *Soma* was ancient India's drink praised in the Vedas. Indra was praised for his capacity to drink *Soma*. At a single draught he drank the contents of thirty pails, pails that were filled with *Soma* juice pressed out of the plant.

It was drunk in banquets.

It brought strength and fame.

But *it was mixed with milk and drunk*. It was not used as an intoxicant. The Shastras made drinking liquors a sin and Science condemns alcohol for its deleterious effect. It is astounding that liquorous drinks should have been associated with religious functions. But even that is quickly going out. But that is by the way.

(1) Realise the immensity of the evil and then it would be the devoted function of the Indian Leaders that they should rationalise regulation of the traffic and consumption. (2) Set on foot institutions and clinics for cure and redemption of the addicts. It is a national problem, for it undermines the health, longevity and liveliness of the population and those of the future generation. (3) Social reform by means of culture must begin with the ladies, for they either connive at or feel helpless to stem the craze of the husbands. In some cases, the ladies themselves are partakers. The evil is spreading and the havoc would be greater if the Bombay Govt. as is reported slacken the rigours of prohibition. It is not all. Progressive steps have been taken in Japan's occupied territories and in some parts of the Western countries to reclaim the addicts. Addicts are removed to special clinics and all arts and artifices known to Science and Psychology are applied for curing the patients of the neurosis that is the cause of addiction and craze. Will India wake up ?

What is Alcohol

"I am the fire,
I burn, consume, destroy; I never build.
I am disease; my fever rageth hot.
I am the funeral pyre.
The ermine robe of kings,
The surplice of the priest,
The silks of fashion's queens,
Alike feed my insatiate desire.
Fierce heights my frenzy gains;
And then I smolder for a while; and then
My flames burst forth, and rising higher and higher,
Consume again, till naught consumable remains.
I am the burning lake;
Within my bounds no tongue its thirst can slake.
I am the fire that water quencheth not."

—*Clinton Bancroft.*

Current Medical Superstitions

Dr. Edward Morgan, of Toronto, Canada, through inquiries of many colleagues, and particularly specialists in childrens' diseases in England, Canada, and the United States, has collected a surprising number of medical notions and superstitions which are current in various localities, some of which have been handed down from quite remote times. The following are among the curious notions mentioned by this writer:

That a cut between the thumb and first finger will result in lockjaw. That wearing rubbers in the house is a cause of weak eyes. That there is some deleterious factor in night air. That damp air is bad for a cold. That picking the nose, grinding the teeth, a voracious appetite, loss of appetite. are symptoms of worms (mentioned by a writer nearly four hundred years ago). That a persistent cough can turn into tuberculosis. That looking over a baby's head from behind will make it cross-eyed; that if a child crosses its eyes and the wind changes, the eyes will remain crossed. That it is essential that the garments next the baby's skin be of wool.

That dye in stockings will poison a cut, whereas the real danger is from the dirt. That piercing the ears for ear-rings will strengthen the eyes and prevent squint. This is an ancient belief among Indians and French Canadians and among sailors, especially the pirates of former days. That touching the soft spot on a baby's head is attended by great danger. That no fruits containing seeds, like grapes, figs, etc., should be eaten for fear of appendicitis. That eating raw oatmeal will produce intestinal worms. That during measles, light injures the eyes; it is really painful in the acute stage but leaves no permanent effects. That the baby's finger nails should never be cut with scissors. That fat babies are more apt to develop pneumonia than thin ones. That a disease can be contracted by breathing certain odors, as sewer gas or marsh gas. The danger is in drinking polluted waters. That a child should not be permitted to go to sleep after an accident or after drinking an opiate for fear that it will never waken. That tickling a baby's feet will make it stutter. That the flannel next the baby's throat or chest during a cold must be red. That a cat can kill an infant by sucking its breath.

Dr. Morgan mentions other queer notions which are still commonly held, such as wearing of charms, rubbing a gold wedding ring on a stye, wearing a locket around the neck for goiter, carrying a bag of bluing for a bee sting or a horse chestnut to ward off rheumatism, taking a child to the gas house to cure coughing, rubbing camphorated oil or goose grease or onion oil on the chest for bronchitis, the idea that handling a toad may cause warts, that it is dreadful to walk barefooted through the foam along the shore of a lake.—S.—*Good Health (U. S. A.)*

Heart Murmur

"The child who has a heart murmur should be allowed to carry on a reasonably normal, happy life, without too many restrictions" — R. Earle Glendy, M.D., Boston, contends in Hygeia, The Health Magazine—*Texas State Journal of Medicine.*

Bed-wetting

Reporting on evacuation problems to the Isle of Ely education committee, Dr. W. K. Dunscombe notes that all school medical officers appreciate the difficulties facing householders on whom bed-wetters are billeted. He writes: "In spite of all investigation, virulent psychoanalysis, etc., the cause of enuresis remains completely unknown and it is a mournful fact that, when asked as to the prognosis, to be honest the answer is 'I don't know. Although its psychological basis is doubtful, I must say that I am in full agreement with those who say it is useless to punish the child. None-the-less, it is a most unfortunate thing to occur in a previously well-ordered household and the distress of the persons is understandable. In several areas, hostels have been established for the worst cases and, provided nothing is done to indicate to the children in such places the special reason for which they are placed there, this may be the best way of dealing with them. While bed-wetting may be called the 'billeter's problem,' what about those children whose clothes are wet during the day? These cases are fortunately considerably rarer than the bed-watters but are ever so much more difficult to deal with. They are the result, amongst other more obscure causes, of years of complete lack of parental training, and in some instances also an unsympathetic attitude on the part of the teachers. The result is a habit as distinct from nocturnal enuresis, which might be perhaps, regarded more as an unfortunate occurrence, and in view of the difficulty in dealing with it such a child is better placed temporarily under medical supervision, even if this means absence from school."—*The Medical Officer.*

Orance Juice For Breast-fed Babies

Some years ago, Sir Frederic Still scandalised many of his juniors in the pediatric world by asserting that orange juice was unnecessary for breast-fed babies under the conditions of feeding of the mothers which prevail in this country." The younger physicians were inclined to dismiss this as the dictum of one out of touch with modern developments, and they pointed to the fact that breast-fed babies could certainly suffer from deficiency diseases, of which while scurvy was certainly a great rarity, rickets was not uncommon and iron-deficiency anæmia fairly frequent. Still is,however,supported by Gyllensward of Stockholm, who maintains that fruit juice is not only unnecessary but might even be harmful. He gave alternate babies of a group a teaspoonful of orange juice daily, from two months to four months of age and thereafter two teaspoons daily, the others receiving only breast-fed milk. An inadequate supply of breast milk, or any intercurrent affection apart from digestive upsets, led to the exclusion of the baby from the investigation. Failure to gain weight is said to be an early sign of vitamin C deficiency, but there was no evidence that orange juice had any effect on the weight of these children. On the other hand, there was definite evidence that the babies receiving orange juice had more irregular and more frequent evacuation of the bowels, and their stools sometimes showed signs of faulty digestion. Similar investigations were made using lemon juice or tomato juice seeming to be the least easily digested. Some babies, too, developed various skin eruptions when they were having fruit juice. But it was suggested that if child-welfare centres urge the use of orange juice the public might think that the breast-milk was

not a complete food. Babies lost their taste for the breast when given fruit juice and fruit juice might be responsible for acute infection of the throat. It was concluded that if any preventive treatment was required it should be directed towards making sure that the mother's diet contained a sufficiency of vitamin C. Even this was not as simple as it sounded for Herliz estimated that in the worst cases of maternal undernutrition, this would mean giving a lactating mother from four to six oranges daily.—*Lancet, June 3, 1939, p. 1274.*

Water from the Dry Rivers

WATER difficulty is rather general in most parts of India. In many villages there are a few large wells belonging to caste groups, and there is much bickering and quarrelling and breaking of heads to decide who may, and who may not, draw water from them.

Where the water level is sufficiently high there are many individual wells, but as a rule these are not deep; and when the rains fail they soon go dry.

Many villages are built on the bank of streams which furnish an abundance of dirty water during the rains, but go dry during the hot season. Usually the people dig shallow water holes in the sand of the river bed. Clear fresh water seeps into the hole; but very soon it is polluted by thirsty animals, and careless people.

An excellent plan to provide pure drinking water for individual families is to sink bottomless zinc barrels into the sand. The water seeps into the barrel and remains there until it is drawn out. The owner may padlock the cover of the barrel, so that no one may steal or pollute the water. If there is any doubt as to the purity of the water it may very easily be disinfected.—*The Treasure Chest.*

Painting the Orange

TODAY the orange is universally recognized as a rich source of vitamin C and therefore a desirable fruit for children. The natural color and other characteristics of the rind vary with different varieties and with the season. Once these features served to some extent as marks of identification. This is not true to-day, when there is a current tendency to "improve on nature." Several years ago the practice of exposing oranges to ethylene gas for from two to four days was introduced. The ethylene causes a blanching of the green colour and a consequent unmasking of the yellow pigments also present in the skin. More recently a rapid method of coloring has been employed. The fruit is dipped in a solution of a harmless coal tar dye, which gives to the resulting "painted oranges" a more uniform, brilliant color. Accurate information concerning the effect of the artificial coloring of oranges on the consumption of the fruit is not available.—*Minnesota Medicine.*

Ingrowing Toenails

ACCORDING to Dr. Moses H. Martin in the *Urology and Cutaneous Review*, the term "ingrowth" toenail is incorrect. Anatomy proves that the nail cannot grow into the flesh since the edge of the nail is folded in and thus presents a rounded surface, instead of an edge, to the soft tissues. Usually, the trouble is due to a tight or ill-fitting shoe which pushes the soft tissue against the nail. The tissues finally break down and bacteria set up an inflammation.—*Good Health* (*Lond.*).

Health Tit-Bits

Some Weighty Testimonies On Cigarette-Smoking

(1) *His Majesty King James I* :—"A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs and the black, stinking fume thereof nearest resembling the horrible stygian smoke of the pit that is bottomless."

(2) *Napolean Bonaparte* :—"A habit fit to amuse sluggards".

(3) *David Stan Jordan, Chancellor of Leland Stanford Junior University* :—"Cigarette-smoking boys are like wormy apples—they drop long before harvest time."

(4) *Dr. Forbes Winslow, the famous authority on Lunacy* :—"I should put the causes of insanity in the following order :—drink, cigarette-smoking, heredity".

(5) *Ruskin* :—Tobacco is the worst national curse of modern civilization".

(6) *Professor G. L. Maylan, Medical Director of Columbia University* :—"After twenty four years of experience in teaching hygiene and physical education, I am convinced that tobacco is injurious to growing youths".

* * *

Hot versus Cold Foods

"Very hot foods should not be eaten as by their use, the stomach becomes debilitated. Very cold foods should not be taken for the reason that the vitality is drawn from the system to warm the food before the work of digestion can be carried on. Iced drinks are deleterious. It is best for food to be taken at a moderately warm temperature".

* * *

Patent Medicines

"It cannot be too emphatically stated that the giving of patent medicines, cough-syrups, and patent diarrhœa-mixtures, teas, and so-called blood medicines or tonics by mother or nurse to a young child, on her own responsibility, is most reprehensible and dangerous. Most of these preparations contain opium or alcohol in some form."—*Dr. E. Mather Sill.*

* * *

Eradicating Swimmer's Itch

Dissolving copper carbonate in water in the area of snail beds will eradicate *schistosome dermatitis*, better known as swimmer's itch or water rash, Sterling Brackett, M.A., states in a recent issue of the *American Medical Association Journal*. The dermatitis is caused by penetration of the skin by the larva of the *schistosome cercaria*, a parasite of snails most prevalent in the Great Lakes area.—*Hygeia.*

* * *

Inhaling of Shaved Hair

There is no danger of inhaling hair from dry shaving, as the diameter of human hair is too great to permit successful inhalation, *The Journal of the American Medical Association* for March 16, declared in answer to an inquiry.

"Investigation of the possibilities has shown that one cannot cut segments short enough to be inhaled," *The Journal* says, "After prolonged attempts the project has been given up."—*Texas State Journal of Medicine, July '40.*